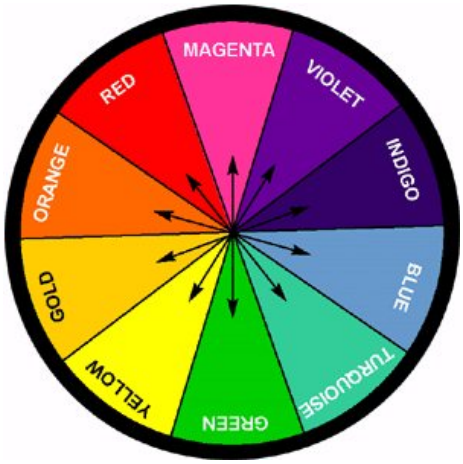
DETA-COSMO

The skin can be considered a reflection of deeper health issues in a person. A dry, tired-looking and irritated skin shows that something in the person is imbalanced or not functioning well. The appliance Deta-Cosmo was designed to help the skin recuperate its natural elasticity and vitality using Quantum light as well as electromagnetic therapy.

It has long been known that every colour of the light spectrum has its own frequencies. Our most important energy source is light, and the entire spectrum of colours is derived from light. Sunlight, which contains all the wavelengths, consists of the entire electromagnetic spectrum that we depend on to exist on this planet.
Light flows through our eyes and triggers hormone production, which influences our entire complex biochemical system. This biochemical system then affects our being. And light does not travel alone. Light travels with other energies as shown below.



We know that each colour found in the visible light spectrum has its own wavelength and its own frequency, which produces a specific energy and has a nutritive effect. We know some rays can be dangerous if we are exposed to them. But the visible light, the rainbow, has a soothing effect on us.
Light is the only energy we can see, and we see it in the form of colour.

The National Institute of Mental Health has done studies showing that our mental health, behaviour, and general efficiency in life depend to a great extent on normal colour balance. When something goes wrong, or is out of balance, we can strengthen our energy centres through the conscious use of colour.

Light consists of the seven colour energies: Red, Orange, Yellow, Green, Blue, Indigo, and Violet. Each colour is connected to various areas of our body and will affect us differently emotionally, physically, and mentally. By learning how each colour influences us, we can effectively use colour to give us an extra boost of energy when we need it.

There are seven natural colours in the visible light spectrum (rainbow): red, orange, yellow, green, blue, indigo, and violet. Each colour vibrates at its own individual frequency. In Colour

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Therapy each colour corresponds to one of the seven chakras (energy centres in the body), which in turn can influence a specific gland, organ, or tissue of the body.

USING THE DETA-COSMO

LANGUAGE CHANGE: First and foremost, the DETA COSMO is programmed in Russian when you receive it, so most people will want to change the language to English – there are 5 languages in total.

To change the language setting, simply hold the up and down scroll keys together for a couple of seconds and on the screen you will see a language appear, e.g. English. If you release the scroll keys then the COSMO automatically converts to English. If you want to change to another language, press the two scroll keys together again, and the new language will appear. Keep doing this until you find the language that you want.

THERAPY MODES

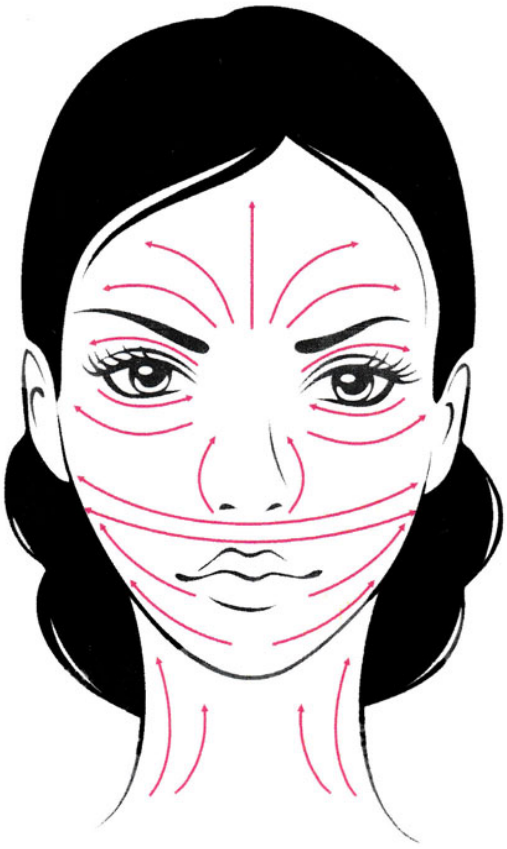
The Deta COSMO has two therapy modes – one is the Quantum light and the other is the ELECTROMAGNETIC mode. This mode is used with the Antenna which is installed inside the unit itself – this is simply placed on the body, preferably on the organ being treated, but otherwise anywhere on the body that is convenient.

The Quantum light should concentrate on the lines or the correspondence points on the face – these are all illustrated in the images that follow each therapy.

The eyes should remain closed during the treatment duration.

PROGRAMME 1 - SKIN WRINKLES

This programme helps to eliminate wrinkles – you simply follow the lines of the face using the Quantum light, as indicated below – these correspond to the lines of the muscle layers of the face.



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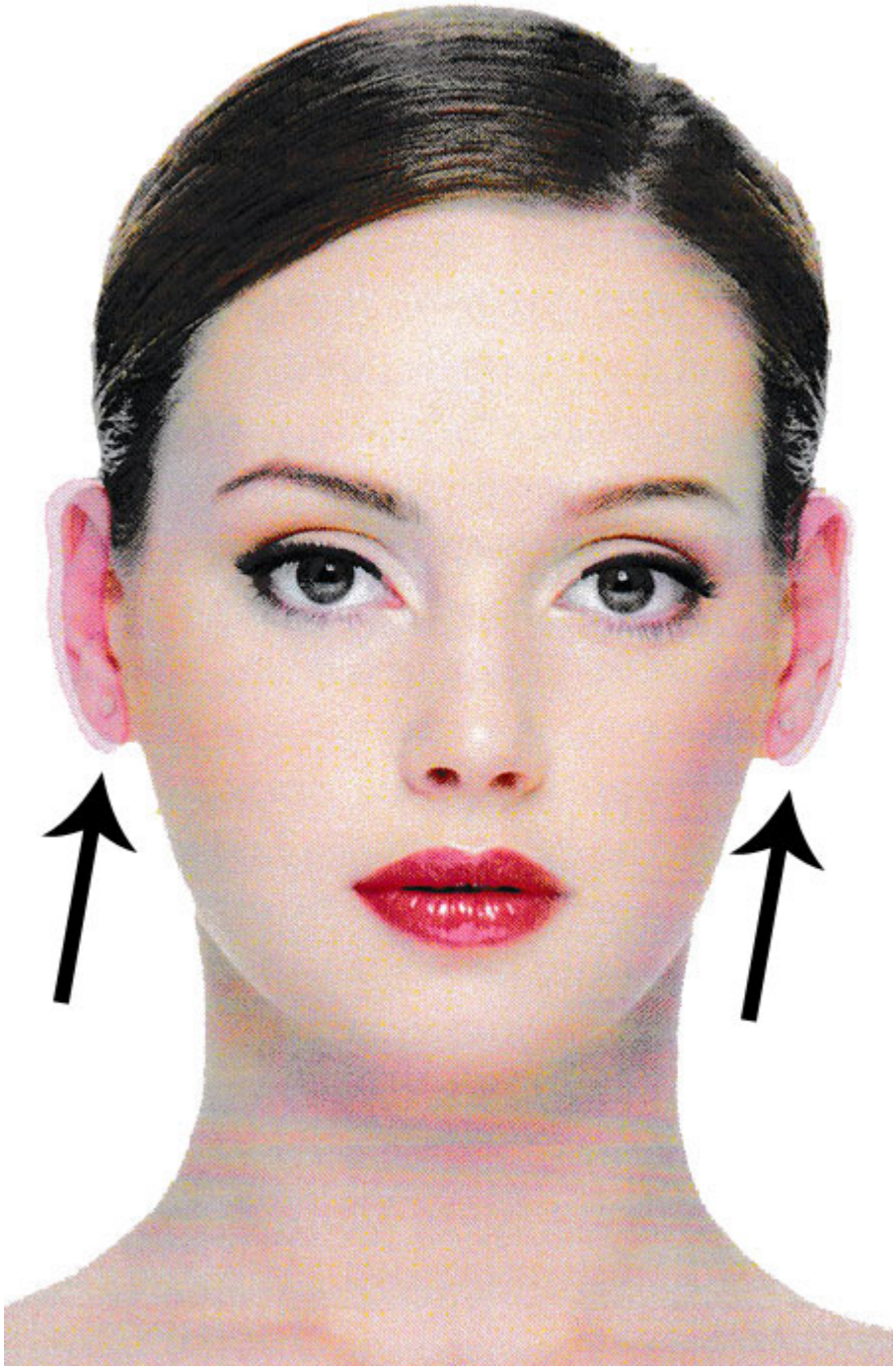
PROGRAMME 2 - STRENGTHENING AND REVITALIZING

This programme helps to eliminate tiredness and facilitates in skin relaxation; it also stimulates, revives, and slows down the natural ageing process, while improving the metabolism.

METHOD OF USE

The placement of the device itself on the body is not really import – you can place it anywhere that is convenient. Move the light from the top of the ear to the bottom part. Repeat this movement four times in each ear. Keep using this movement while changing ears until the end of the programme.



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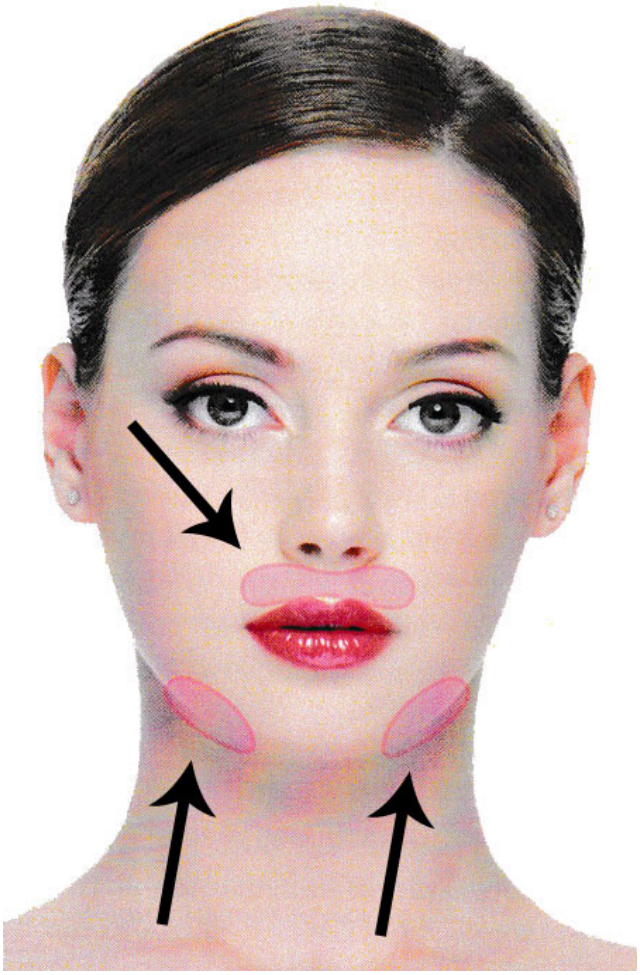
PROGRAMME 3 - FEMALE ENDOCRINE REGULATION

Our body produces more than 100 hormones that play an important role in all body functions such as growth, reproduction, digestion, stress control and more. Hormones are substances that are produced in the endocrine glands such as the pituitary, the thyroid and the ovaries, which are then transported by the blood to stimulate various organs and physiological systems. Any abnormal increase or decrease of these hormones can lead to a number of symptoms and pathology such as: exhaustion, stress, weak immunity, weight increase, sterility and skin problems.

The skin is a receptor of a number of hormones and can also metabolize certain hormones. Acne in women usually has a hormonal cause due to the hormonal fluctuations that are common in a woman's life. This can lead to the sebaceous glands on the skin over-secreting, leading to a very oily skin. Stress can also imbalance hormonal levels.

METHOD OF USE

Place the device two fingers above from the navel in the area of the solar plexus. Use the quantum light on the areas of the skin illustrated in the diagram below – the upper lip area and the areas adjacent to the chin. Use slow circular movements, moving clockwise. The patient should feel a slight warmth or tingling on the skin that is not uncomfortable. Use the programme once weekly for prevention and daily if required for treating hormonal imbalances it can be used any time of the day. Avoid using during pregnancy.



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PROGRAMME 4 - MALE HORMONAL REGULATION

The hormonal system of middle aged men is prone to imbalances that may lead to blotches and dryness of the skin.

METHOD OF USE

Place the device at the point of the solar plexus, two fingers above the navel. Use the Quantum light on the areas of the skin just below the lower lip as illustrated below. Use, slow clockwise circular movements on both sides of the face.

For prevention use the program once a week, but for treating hormonal imbalances in men the programme can be used daily at any time of the day.

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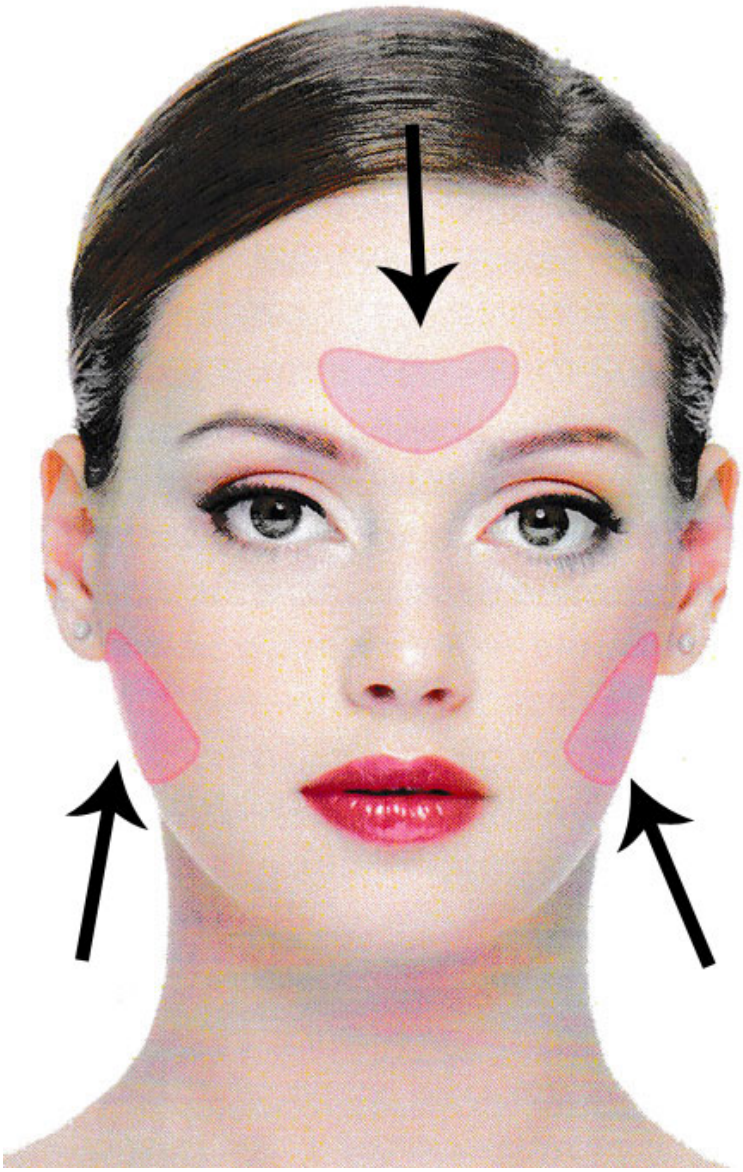
PROGRAMME 5 - LIVER FUNCTION

This programme helps to regulate the function of the liver and it helps in alleviation of thread veins on the skin which can be caused by liver imbalances. These thread veins can be located on the legs, thighs and face and can appear unsightly and displeasing. the obliteration eyraggejw'n, that is caused by his dysfunction.

METHOD OF USE

Place the appliance on the liver region on the right side of the body under the lowest rib. Use the Quantum light on the areas of the face as illustrated below – forehead area above the eyebrows and both sides of the face along the chin bone just below the ears. Use slow, clockwise circular movements and change from one side of the face to the other until the end of the programme time.

The eyes should remain closed throughout the treatments.



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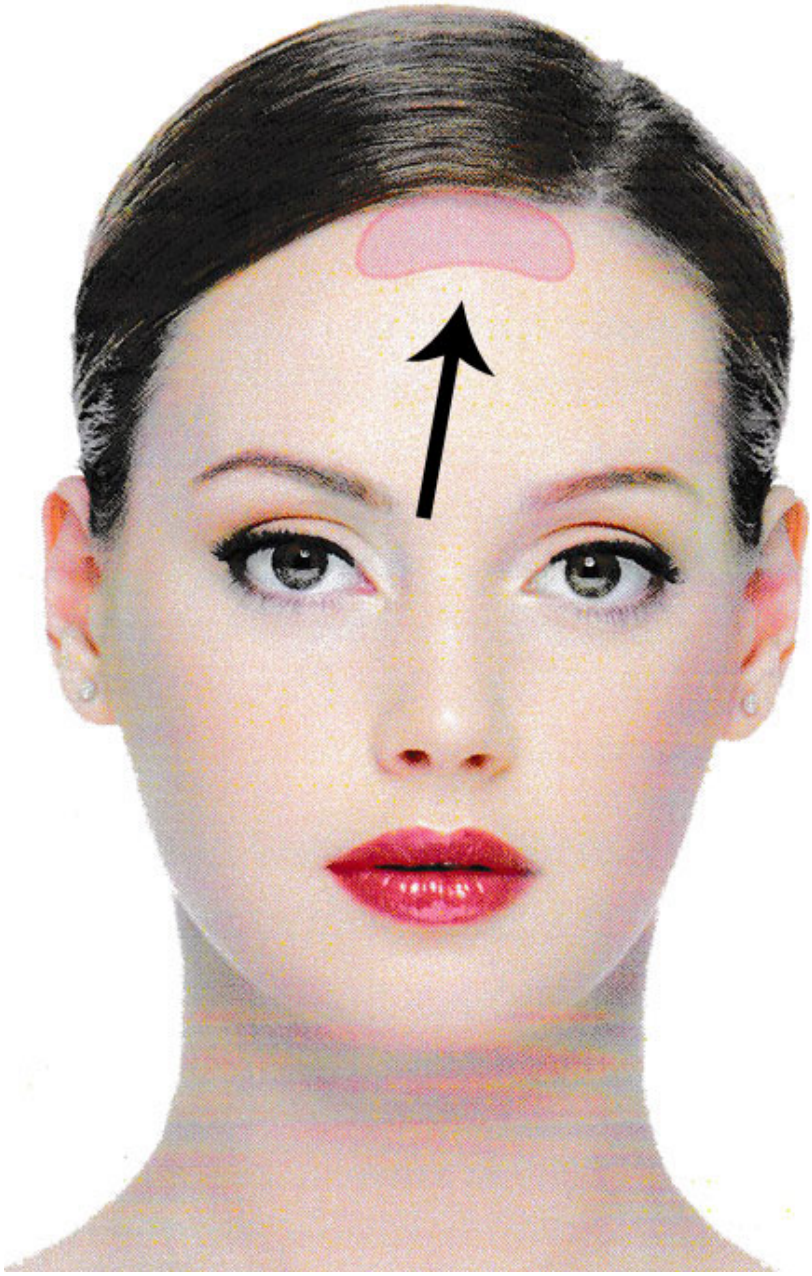
PROGRAMME 6 - TONIFYING THE NERVOUS SYSTEM (chronic fatigue, insomnia, anxiety, stress, arrhythmias, tachycardia, headaches)

This programme helps to balance the Autonomic Nervous System, balancing the sympathetic and parasympathetic nervous system.

METHOD OF USE

Seat comfortably in a quiet room and use the Quantum light in small, clockwise circular movements on the forehead as illustrated below – note that this is high on the forehead just under the hair line. The eyes should remain closed.

As the autonomic nervous system balances, the patient will feel a sense of calm and relaxation.



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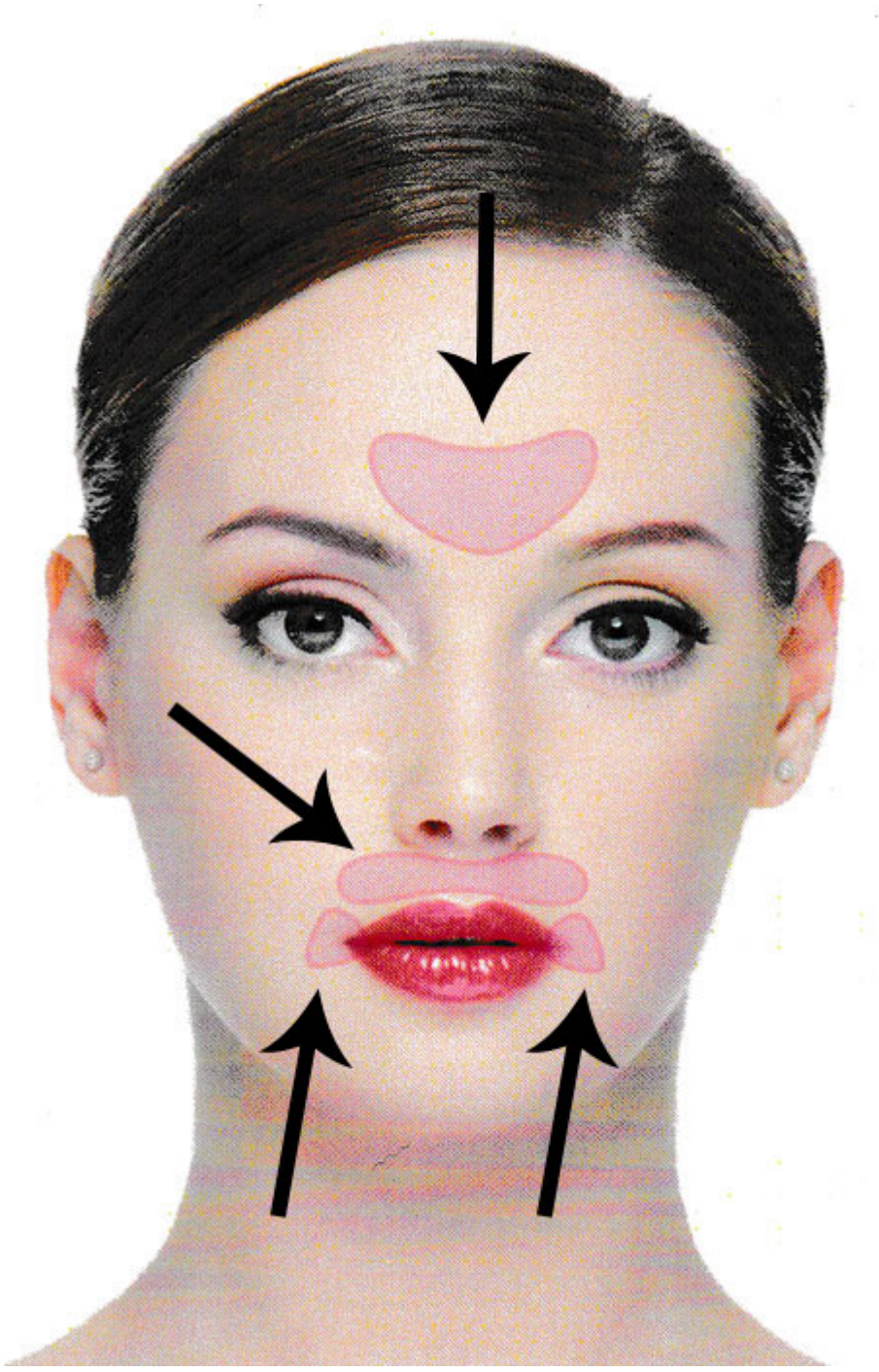
PROGRAMME 7 - REGULATION OF STOMACH FUNCTIONING

This programme will help to calm the stomach as well as helping balance normal physiological functioning.

METHOD OF USE

Place the appliance on the stomach. Use the Quantum light in small, clockwise circular movements in the areas illustrated below – forehead just above the eyebrows, upper lip area, and the sides of the lips on both sides.

The eyes should remain closed.



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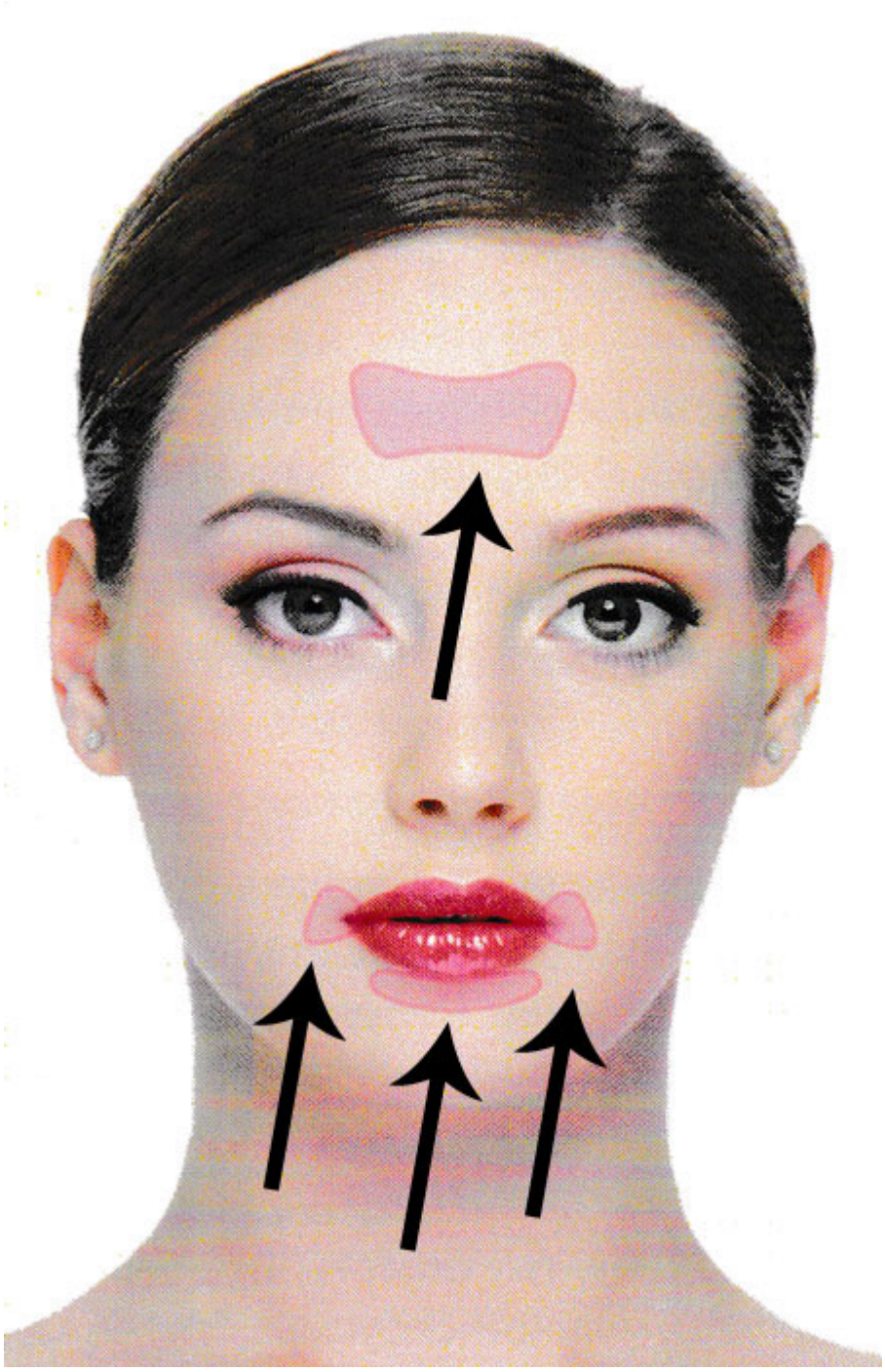
PROGRAMME 8 - DIGESTIVE REGULATION

This programme helps to balance the digestive processes of the gastrointestinal tract, making it more efficient.

METHOD OF USE

Place the appliance near the stomach. Use the Quantum light in small, clockwise circular movements in the areas illustrated below – middle of forehead, lower lip, side of lips on both sides of face. Use four circular movements in each area illustrated and continue circulating between the areas until the completion of the programme. The eyes should remain closed.



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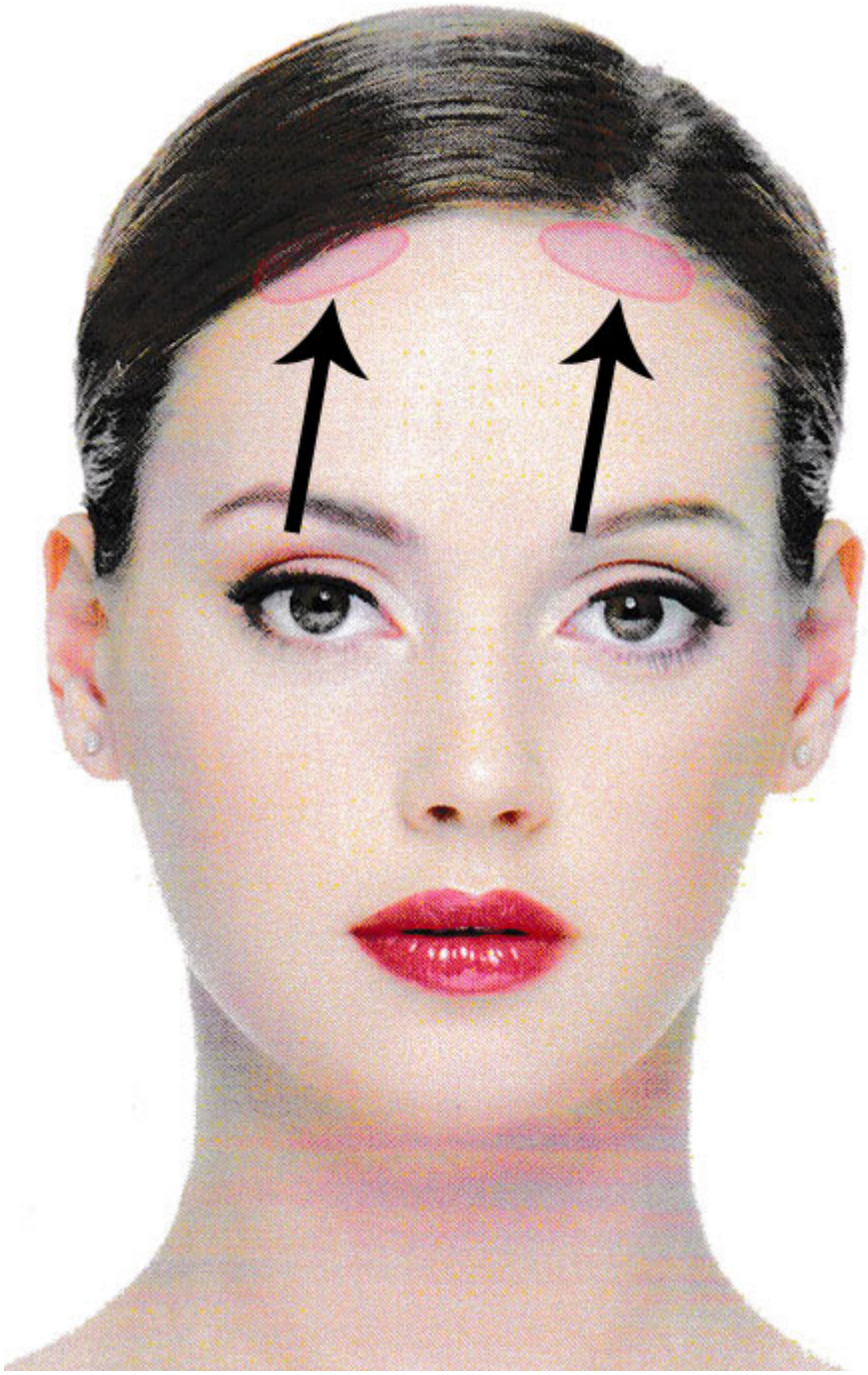
PROGRAMME 9 - REGULATING CONSTIPATION

This programme will help people that are chronically constipated.

METHOD OF USE

Place the device near in the stomach. Use the Quantum light with small, clockwise circular movements on the areas of the face illustrated below – two areas of the forehead high on the hairline parallel with the eyebrows. Use four circular movements on each area and move to the other side and repeat until the end of the programme. The eyes should remain closed.



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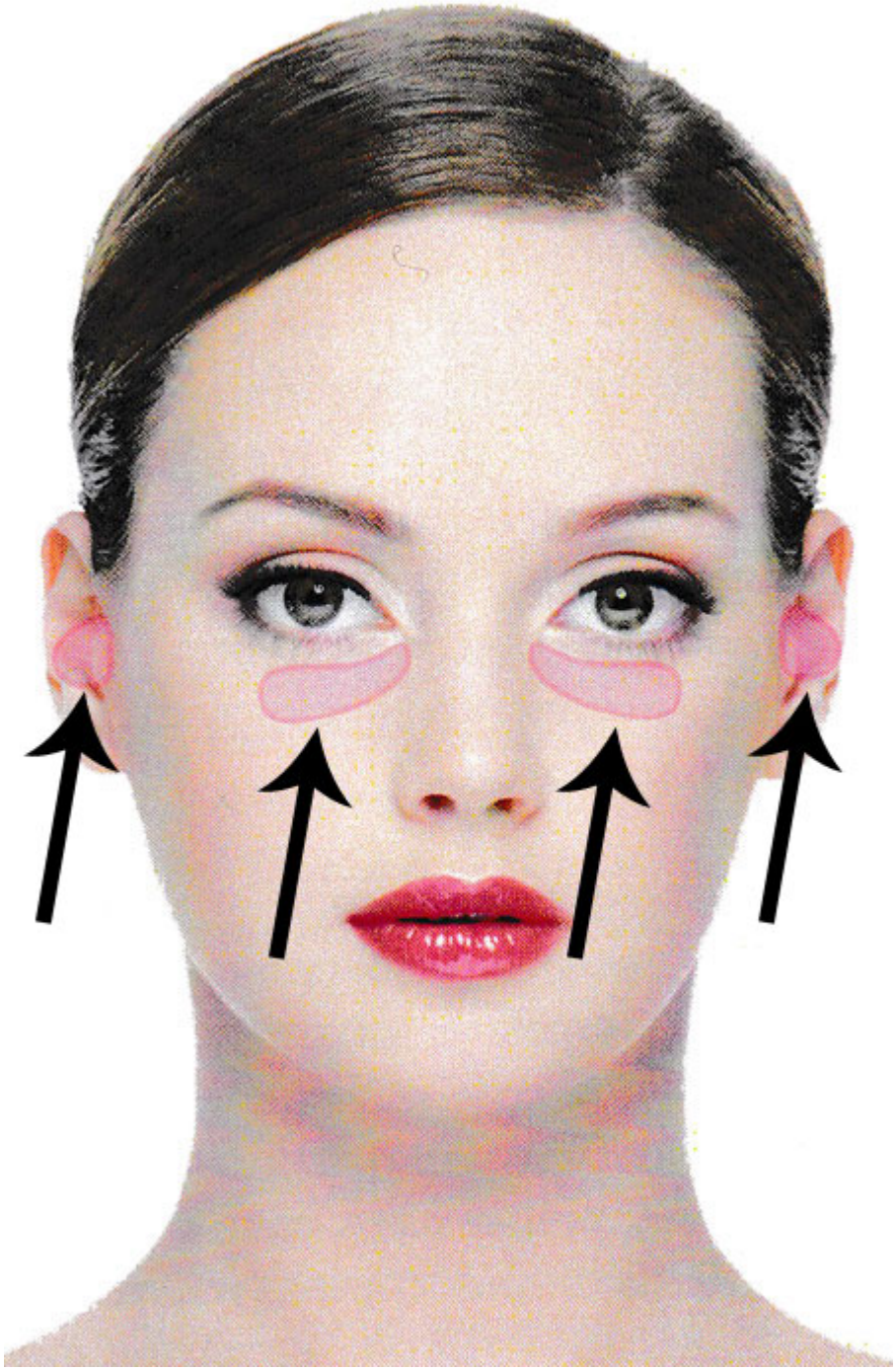
PROGRAMME 10 - REGULATION OF KIDNEY FUNCTION

Swollen and darkened areas under the eyes with oedema is usually a sign of kidney malfunction.

METHOD OF USE

Place the device on the back near in the kidneys. Use the Quantum light in the areas illustrated below – under both eyes and the areas in the middle of both ears – use four small, clockwise circular movements and move onto the next point, repeating the cycle until the programme ends. The eyes should remain closed.



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PROGRAMME 11 - THYROID REGULATION

Many hormonal problems are reflected in the skin. These can include thyroid disorders, diabetes, polycystic ovary syndrome and hormonal changes during menopause – these are all very commonly diagnosed. Hypothyroidism, for example, makes the skin cold and dry, with brittle nails and decreased sweating. On the contrary, with hyperthyroidism the skin is hot, humid, with intensive perspiration, while the hair become thin and fragile and the nails begin peeling.

METHOD OF USE

You may place the device anywhere on the body – use the Quantum light in small, clockwise movements on the areas of the neck shown in the diagram below. Use the light for about 30 seconds either side and alternate until the completion of the programme.

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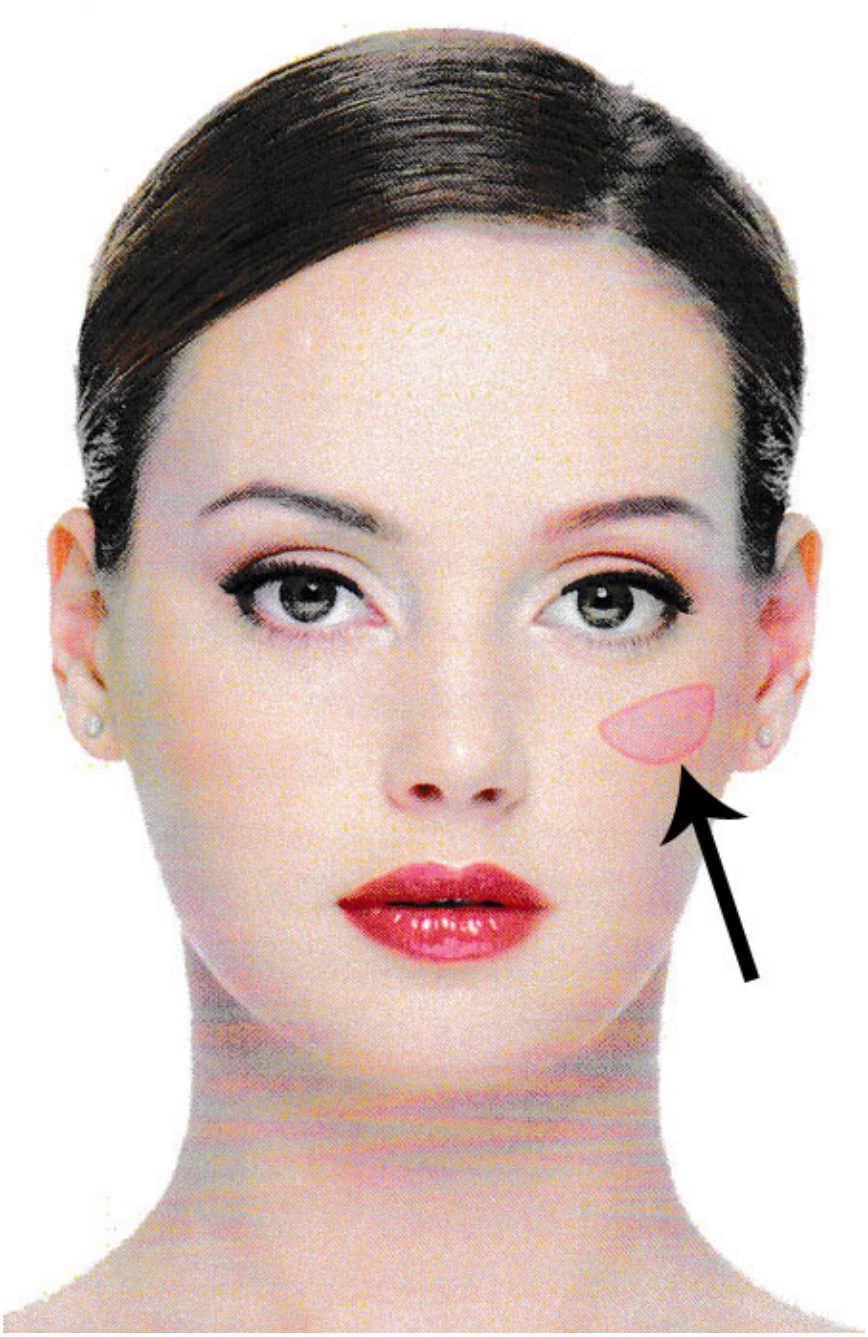
PROGRAMME 12 - REGULATION OF THE CARDIOVASCULAR SYSTEM

The skin can also present cyanosis, that is to say acquire a blue nuance. This colour implies that the blood is not oxygenated sufficiently, which can be a result of breakage of capillary networks, anaemias and pneumopathologies, as well as cardiac or circulatory insufficiency (regional cyanosis).

METHOD OF USE

Place the device on the region near in the heart. Use the Quantum light on the area of the face as illustrated below on the left side of the cheek bone, just underneath the left eye.

The eyes should remain closed.



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PROGRAMME 13 - SPLEEN REGULATION

One of the major functions of the spleen is to filter the blood of old and dying red blood cells.

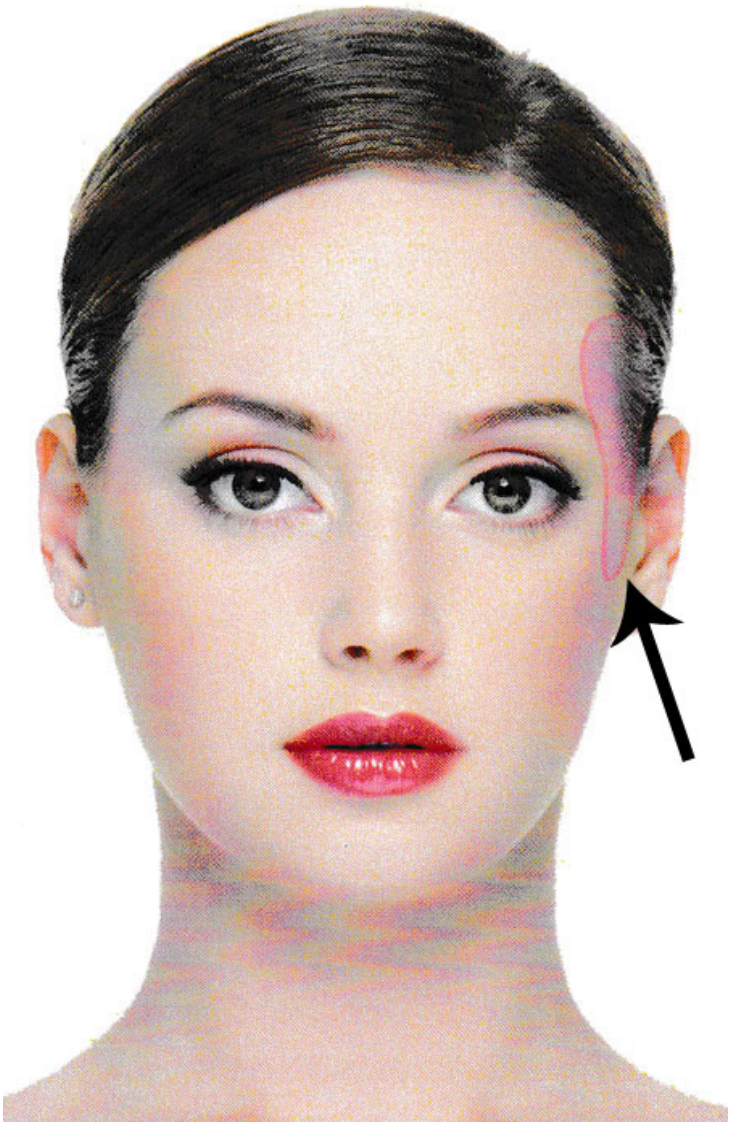
Although the spleen acts as a reservoir of special type of white blood cells called monocytes in humans, in animals this is not so. The monocytes stored in the spleen migrate to the injury sites and transform into dentritic cells and macrophages that may help in healing wounds and injuries.

In humans, the spleen also stores platelets that normally help in blood coagulation and clotting. In animals the spleen acts as a reservoir of blood cells. This programme helps to balance any weaknesses of the spleen.

METHOD OF USE

Place the device in the region of the body near in the spleen (is found in the abdomen, on the right side of the body, between the 9th and 12th vertebrate). Use the Quantum light in small, clockwise circular movements on the area of the face illustrated below – on the left temple adjacent to the left eye. Use until the end of the programme.

The eyes should remain closed.



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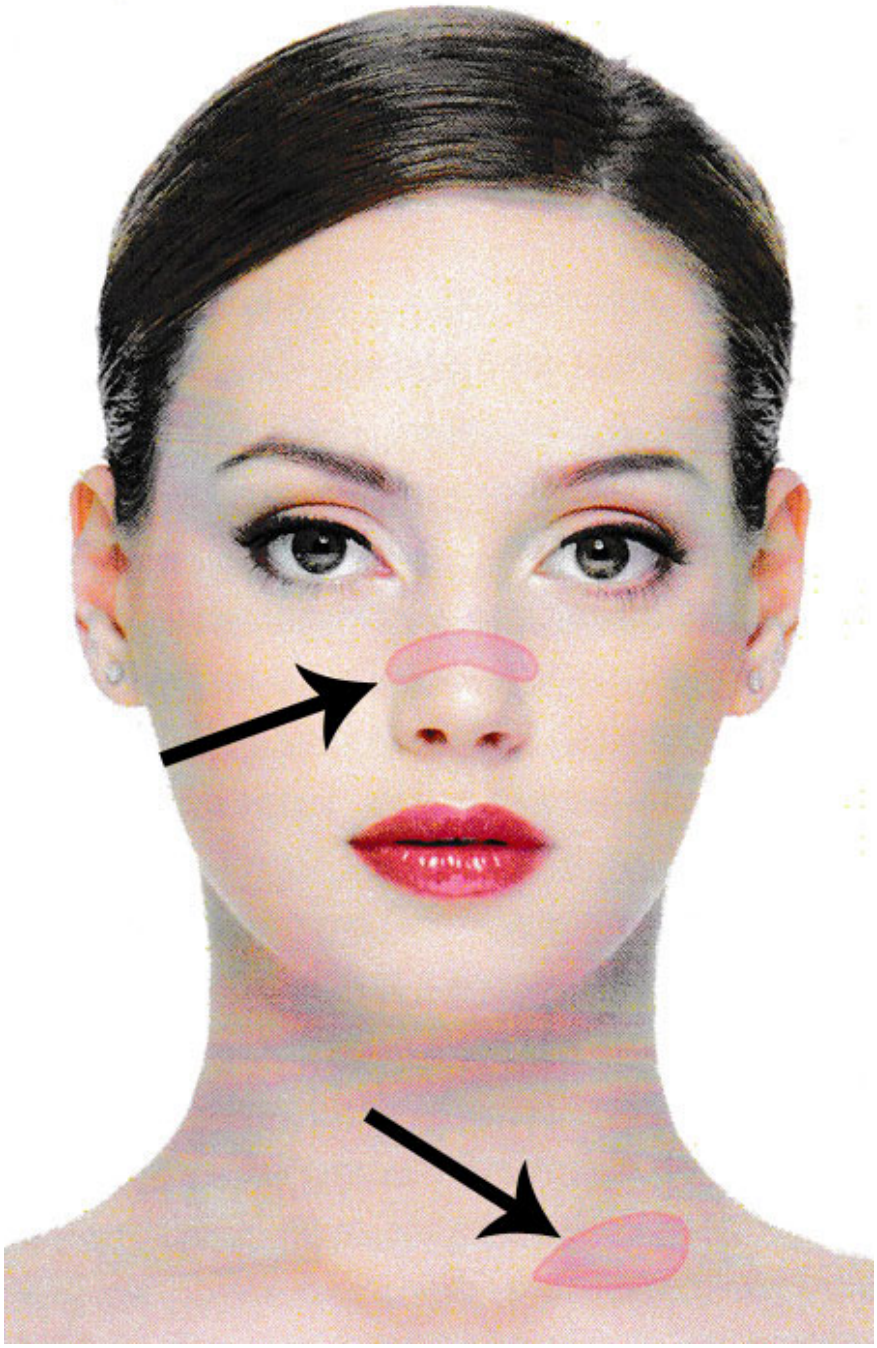
PROGRAMME 14 - REGULATION OF THE PANCREAS

Method of application

Place the appliance in the region near in the pancreas. The application of element with the light becomes in the advisable regions (cf. picture) with circular movements. Realise four circular movements in a advisable region (cf. picture) and afterwards are transported in next, repeating the process up to the completion of program.

The eyes should remain closed.



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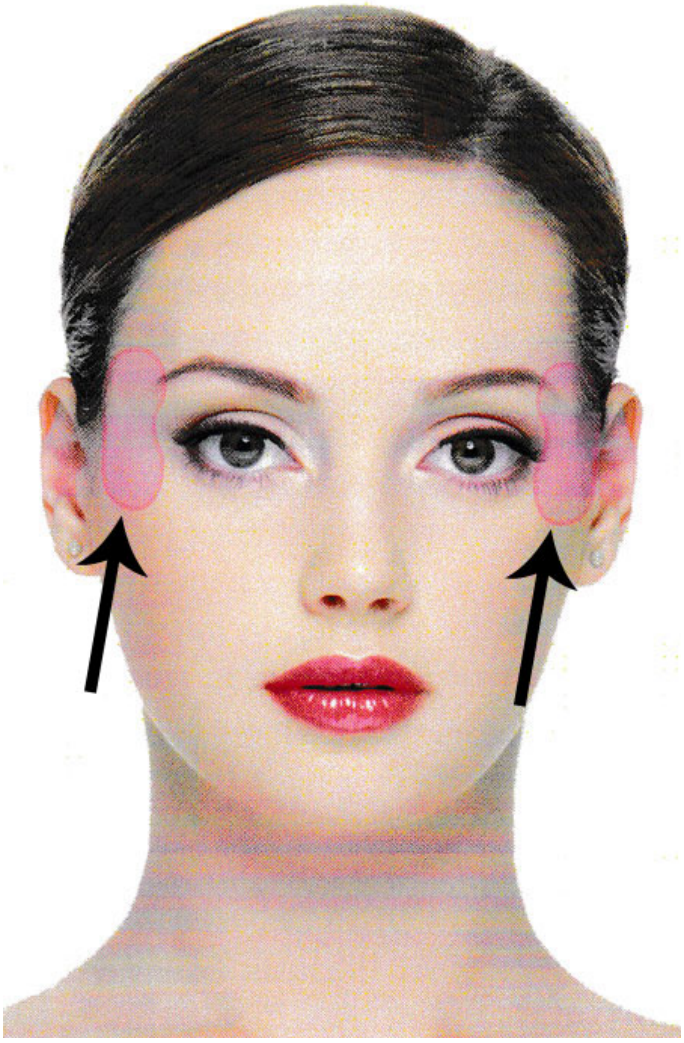
PROGRAMME 15 - IMPROVEMENT OF EYESIGHT

This programme helps to improve eyesight with a good success rate.

METHOD OF USE

Follow the steps below to achieve success:

1. move near in a window
2. with a marker pen make a small round mark on the glass
3. use the Quantum light on the face as illustrated below – the sides of the upper cheeks next to the eyes on both sides of the face. Make small, clockwise circular movements on both sides of the face until the programme finishes.
4. Focus on the small round mark on the glass window during the treatment – keep your distance so that the eyes do not tire.
5. Focus on the spot for 8 – 10 seconds then look away into the distance through the glass.
6. Continue this exercise until you feel your eyes getting tired, then stop the exercise and simply carry on using the Quantum light until the programme finishes.
7. After completing the treatment, allow the eyes to rest for 20 – 30 minutes in order to adapt and maintain flexibility.



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GENERAL INSTRUCTION FOR USING THE DETA-COSMO DEVICE

1. Select the program that you wish to use
2. Begin the operation of the program
3. Place the device on the point of the body that is advised in the method of use for each programme
4. The Quantum light should be placed a centimetre of two from the skin so that the patient feels a light warmth or tingling on the skin
5. The Quantum light should be moved slowly in circular clockwise movements about 1 – 2 centimetres per second in small areas and horizontally in other indicated areas.
6. If there is more than one area to cover on the face, make 4 circular motions on each point and then move on to the next.
7. Be careful while changing programmes and positions to always maintain the sense of heat by keeping the correct position and distance.

HOW CAN WE TELL THE HEALTH OF THE PERSON FROM THE FACE?

1. The elasticity of the skin is a sign of good health, whereas a relaxed tired skin is a sign of premature ageing which may be a consequence of altered metabolism and gastrointestinal problems.
2. When the skin around the cheeks and cheekbones is hanging this usually indicates a problem of the urinary system.
3. A swollen chin and neck below the chin usually is an indication of kidney problems.
4. Skin that is folded and haggard on the cheek areas is usually an indication of stomach and pancreas health issues.
5. A wrinkle the length of the chin can be an indication of gallbladder obstruction, liver problems, urinary bladder or problems with genitals.
6. Dry and tired skin on the cheekbones and cheeks may be an indication of gastritis or liver problems.
7. A general swelling of the face may point to heart problems.
8. Intermittent numbness of the chin may be an indication of problems with the cardiovascular system.
9. A swelling of the nose or the appearance of fine blood vessels on the nose, or loose skin with a reddish colour on the nose may all be indications of lung or colon issues.
10. The deep wrinkles that are seen from the side of the nostrils to the corner of the lips can be an indicator of gut and digestive problems.
11. Wrinkles from the nostrils of the nose to the chin may indicate gastric ulcer, gastritis, colitis or duodenal ulcer.
12. Wrinkles of the upper lip which run parallel with the lip may be an indication of the beginning of gynaecological problems.
13. The drooping corners of the lips and wrinkles in the corner of the mouth that continue to the chin may indicate gastritis with low levels of hydrochloric acid or pancreatic enzyme deficiency.
14. Droopy corners of the mouth and eyes may be an indication of depressive tendencies.
15. The skin around the mouth covered with small wrinkles, may indicate problems with the large intestine as well as digestive problems.
16. Paleness of the skin around the lips and under the nose may be an indication of problems with the cardiovascular system or cardiac insufficiency.
17. The appearance of yellowish or brownish marking on the face may indicate problems with the kidneys.
18. The blue colouration of the skin between the upper lip nose can be an indication of respiratory problems such as asthma, pneumonia and bronchitis.
19. Permanent cracks in the corners of the mouth may reveal deficiencies in vitamins A and E, kidney problems and possible disturbances of metabolism.
20. Greasy and lifeless hair may be an indication of endocrine imbalances.
21. Wrinkles between the eye brows that resemble crosses, may indicate problems of the spine or herniated discs.

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22. The traverse wrinkle above the bridge of nose may be an indication of osteochondrosis, scoliosis or flat feet.
23. The deep traverse wrinkles on the forehead may be an indication of migraines.
24. A capillary mesh in the cheeks may be an indication of high blood pressure and possible stroke.
25. The transverse wrinkles on the bridge of nose indicate a lack of physical fitness and lack of oxygen.
26. The deep vertical wrinkle in the bridge of nose below the brow is an indication of liver and gallbladder problems.
27. The vertical wrinkle that is found in the middle of forehead down to the nose is an indication of gastrointestinal and peptic disturbances.
28. The increased loss of hair is a symptom of hypothyroidism and possible immune system problems.
29. The swelling of the lower eyelids indicate problems with kidneys and urinary bladder.
30. The continuous swelling of the eyelids usually indicates kidney problems.
31. Continuous swelling of the lower eyelids upon wakening may be an indication of cardiovascular problems.
32. The yellow or greenish-grey skin colour is usually an indication of liver problems - maybe hepatitis or cirrhosis.
33. Fragile and thin hair usually is an indication of metabolism disturbances and lack of vitamins.
34. Exophthalmic eyes which are lightly protruding and are shiny usually show thyroid gland disturbances such as hyperthyroidism.
35. Changes in skin colour which may normally occur during pregnancy is usually an indication of liver disease or diseases of the ovaries or uterus.
36. Acne that is located predominantly in the lower part of the face, that is to say round the mouth, the chin, the neck and the breast, usually are indications of serious problems related to the liver, thyroid, ovaries or endocrine disturbances.
37. A young face with wrinkles is usually a sign of endocrine system disturbances.
38. Acne that usually appears on the forehead, the chin and the nose is usually related to problems in digestion and gut dysbiosis.
39. If the skin near the inner part of the eye (nearer the nose) has a bluish tint is is highly recommend that kidney function tests are run.
40. Dark circles or sacs under the eyes are usually an indication of food intolerances, poor kidney or bladder problems.
41. If the pupils are constantly constricted this may be an indication of diseases of the nervous system, nervousness, drunkenness or use of narcotic substances.
42. Yellow colour seen in the sclera or the white of the eyes is an indication of gallbladder and liver problems.
43. Constant tearing of the eyes may be related to a potassium deficiency.
44. If the sclera of the white of the eye has a bluish tint, this may be related to nutritional deficiencies such as vitamins of low haemoglobin levels.

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